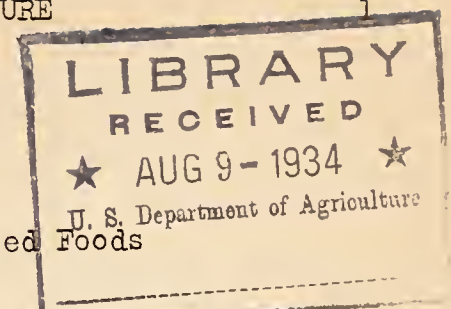


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D.C.



FOOD BUDGETS FOR HOME-PRODUCED DIETS

I. Average Yearly Per Capita* Allowances of Specified Foods

Item	1 Probable average 1934-5 food supply	2 Large garden, cow, little live- stock, low cash outlay	3 Minimum cost ade- quate diet & garden	4 Minimum cost ade- quate diet & livestock	5 Moderate- cost ade- quate diet	6 Liberal diet
Flour, cereals.....lbs.	200	224	200	200	160	100
Milk, or its equivalent....qts.	175	260	260	260	305	305
Potatoes, sweetpotatoes....lbs.	165	200	165	165	165	155
Dried legumes, nuts.....lbs.	10	30	20	10	20	7
Tomatoes, citrus fruits....lbs.	85	110	90	50	90	110
Leafy, green, yellow vegetables lbs.	68	135	100	80	100	135
Other vegetables and fruit. lbs.	380	425	335	185	335	425
Fats.....lbs.	63	50	55	55	52	52
Sugars.....lbs.	65	50	60	55	60	60
Lean meat, poultry, fish....lbs.	100	30	60	120	100	165
Eggs.....doz.	15	8	20	20	15	30

Nutritive value per capita per day

Energy value.....cal.	2,983	2,997	2,970	2,989	2,985	2,930
Protein.....gm.	76	79	79	85	84	87
Protein from animal sources pct.	47	38	48	56	-	-
Fat.....gm.	126	106	-	-	130	149
Carbohydrates.....gm.	383	427	-	-	370	310
Calcium.....gm.	0.81	1.13	1.10	1.06	1.26	1.27
Phosphorus.....gm.	1.25	1.50	1.45	1.47	1.58	1.61
Iron.....gm.	0.0126	0.0135	0.0130	0.0128	0.0144	0.0152
Vitamin A.....units	3,826	4,494	4,809	4,438	5,692	6,495
Vitamin C.....units	156	220	178	129	168	206

Calories derived from specified food groups

Grain products.....pct.	30	33	30	29	24	15
Milk.....pct.	11	16	16	16	19	19
Vegetables, fruit.....pct.	16	22	17	12	18	18
Fats.....pct.	21	17	19	19	18	18
Sugars.....pct.	10	8	10	9	9	9
Lean meat, fish, eggs.....pct.	12	4	8	15	12	21

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

FOOD BUDGETS FOR HOME-PRODUCED DIETS

I. Average Yearly Per Capita* Allowances Of Specified Food
(Continued)

Item	1 Probable average 1934-5 food supply	2 Large garden, cow, little live- stock, low cash outlay	3 Minimum cost adequate diet and garden	4 Minimum cost adequate diet and livestock	5 Moderate- cost adequate diet	6 Liberal diet
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Money value at April 1934 retail prices of food in the United States,
in dollars per year

Entire diet.....	125	132	125	118	129	156
Diet exclusive milk & garden truck	-	36	-	-	-	-
Diet exclusive dairy & live- stock products.....	-	-	-	-	-	-
Diet exclusive dairy, livestock and garden truck.....	15	16	15	15	-	-

* In figuring these per capita allowances, all adults between the ages of 18 and 60 have been considered "very active".

June 14, 1934.

U.S. DEPARTMENT OF AGRICULTURE
Bureau of Home Economics
Washington, D.C.
FOOD BUDGETS FOR HOME PRODUCED DIETS

II. Approximate Yearly Quantities of Food for Persons of Different Age, Sex, and Activity

A. MINIMUM-COST ADEQUATE DIET REINFORCED WITH VEGETABLES

Item	Unit	Child under 4 years	Boy 4 to 6 years; Girl 4 to 7 years	Boy 7 to 8 years; Girl 8 to 10 years	Boy 9 to 10 years; Girl 11 to 13 years	Boy 11 to 12 years; Girl over 13 years; Moderate- ly active woman	Active Boy 13 to 15 years Very active woman	Active Boy over 15 years	Moderate- ly active man	Very active man	Average per capita for farm population
Flour, cereals	lbs.	90	110	130	130	130	210	250	250	400	228
Milk, or its equivalent <u>1/</u>	qts.	365	365	365	365	365	365	240	182	182	263
Potatoes, sweetpotatoes	lbs.	100	100	100	120	125	160	300	160	350	185
Dried beans, peas, nuts	lbs.	-	7	10	15	15	30	30	30	35	20
Tomatoes, citrus fruits	lbs.	75	75	75	90	90	100	100	100	100	93
Leafy, green, and yellow vogs.	lbs.	60	75	90	90	110	110	100	100	100	97
Other vegetables, fruits	lbs.	125	150	200	250	300	420	525	445	470	360
Fats (including butter, oils, bacon, salt pork)	lbs.	12	24	36	36	42	66	78	66	90	63
Sugar <u>2/</u>	lbs.	7	15	30	40	45	75	115	75	115	69
Lean meat, poultry, fish	lbs.	-	10	30	45	55	70	75	75	100	62
Eggs	doz.	16	20	20	20	20	20	20	20	20	20

B. MINIMUM-COST ADEQUATE DIET REINFORCED WITH LEAN MEATS

Flour, cereals	lbs.	90	110	130	130	130	210	250	250	400	228
Milk, or its equivalent <u>1/</u>	qts.	365	365	365	365	365	365	240	182	182	263
Potatoes, sweetpotatoes	lbs.	100	100	100	110	125	160	300	160	350	185
Dried beans, peas, nuts	lbs.	-	3	5	8	8	15	15	15	18	10
Tomatoes, citrus fruits	lbs.	50	50	50	50	50	50	50	50	50	50
Leafy, green, and yellow vogs.	lbs.	60	60	90	100	100	75	50	75	50	69
Other vegetables, fruits	lbs.	40	65	120	165	190	250	200	250	200	185
Fats (including butter, oils, bacon, salt pork)	lbs.	12	24	36	36	42	66	78	66	90	63
Sugar <u>2/</u>	lbs.	8	17	30	35	43	70	90	75	100	63
Lean meat, poultry, fish	lbs.	1	30	72	90	110	130	180	150	180	120
Eggs	doz.	16	20	20	20	20	20	20	20	20	20

1/ Approximately equivalent to the food value of 1 quart of fluid whole milk (1) 17 ounces evaporated milk; (2) 1 quart fluid skim milk and 1 1/2 ounces butter; (3) 5 ounces American Cheddar cheese; (4) 4 1/2 ounces dried whole milk; (5) 3 1/2 ounces dried skim milk and 1 1/2 ounces butter.

2/ One pint (1 1/2 lb.) of molasses or heavy cane or sorgo sirup is approximately equivalent in fuel value to 1 pound of granulated sugar. The unrefined molasses and sirups are also valuable for their calcium and iron content.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

FOOD BUDGETS FOR HOME PRODUCED DIETS

II. Approximate Yearly Quantities of Food for Persons of Different Age, Sex, and Activity

C. Food supply suggested for farm families with low cash income:

(food resources include a large garden, a cow, but little other livestock)

Item	Unit	Child under 4 years	Boy 4 to 6 years; Girl 4 to 7 years	Boy 7 to 8 years; Girl 8 to 10 years	Boy 9 to 10 years; Girl 11 to 13 years	Boy 11 to 12 years; Girl over 13 years; Moderate- ly active woman	Active Boy 13 to 15 years; Very active woman	Active boy over 15 years	Moderate- ly active man	Very active man	Average per capita for farm popula- tion
Flour, cereals	lbs.	70	100	150	170	175	260	350	260	435	262
Milk, or its equivalent ^{1/}	qts.	365	365	273	273	273	273	273	182	182	263
Potatoes, sweetpotatoes	lbs.	120	132	150	168	168	192	270	192	360	222
Dried beans, peas, nuts	lbs.	-	8	18	20	25	30	30	40	50	29
Tomatoes, citrus fruits	lbs.	75	75	80	90	110	120	120	120	120	107
Leafy, green, and yellow vogs.	lbs.	60	75	90	90	120	150	180	180	180	137
Other vegetables, fruits	lbs.	165	225	340	350	375	475	550	525	550	429
Fats (including butter, oils, bacon, salt pork)	lbs.	10	14	26	34	38	63	77	63	96	58
Sugars ^{2/}	lbs.	8	20	30	40	45	70	70	70	80	57
Lean meat, poultry, fish	lbs.	-	5	15	22	28	35	35	40	50	31
Eggs	doz.	10	10	10	8 ¹ / ₂	8 ¹ / ₂	7 ¹ / ₂	6	6	6	8

Approximate nutritive value per day of diets suggested above

Energy value	calories	1,408	1,743	2,136	2,401	2,573	3,449	4,110	3,378	4,800	3,312
Calories from protein	percent	14	13	12	11	11	10	10	10	10	10
Protein	grams	50	58	62	67	71	87	102	83	115	85
Protein from animal sources	percent	69	61	46	44	44	36	31	29	23	36
Fat	grams	55	63	73	83	93	124	141	118	164	117
Carbohydrate	grams	178	235	305	342	361	491	602	492	709	475
Calcium	grams	1.28	1.32	1.09	1.11	1.14	1.21	1.26	0.95	1.04	1.16
Phosphorus	grams	1.20	1.31	1.27	1.33	1.40	1.61	1.82	1.46	1.89	1.58
Iron	grams	.0065	.0082	.0100	.0109	.0119	.0147	.0172	.0152	.0203	.0143
Vitamin A	units	3,670	3,879	3,834	3,852	4,441	5,021	5,584	4,644	5,410	4,839
Vitamin C	units	135	150	167	176	204	239	271	251	272	222

Proportion of calories derived from specified types of food

Bread, flour, cereals	percent	22	26	31	31	30	33	38	34	40	35
Milk	percent	48	39	24	21	20	15	12	10	7	15
Vegetables, fruits	percent	18	20	23	22	23	20	20	23	21	20
Fats	percent	7	8	12	14	15	18	19	19	20	18
Sugars	percent	3	5	7	8	8	10	8	10	8	8
Lean meat, fish, eggs	percent	2	2	3	4	4	4	3	4	4	4

Approximate retail value April 24, 1934 prices

Yearly	dollars	78.75	91.02	102.61	109.88	119.82	146.50	165.75	145.39	173.86	135.05
Monthly	dollars	6.56	7.58	8.55	9.16	9.98	12.21	13.81	12.11	14.49	11.25
Weekly	dollars	1.51	1.75	1.97	2.11	2.30	2.82	3.19	2.80	3.34	2.60
Daily	dollars	.216	.249	.281	.302	.328	.401	.454	.398	.476	.370

^{1/} Approximately equivalent to the food value of one quart of fluid whole milk; (1) 17 ounces evaporated milk; (2) 1 quart fluid skim milk and 1¹/₂ ounces butter; (3) 5 ounces American Cheddar cheese; (4) 4¹/₂ ounces dried whole milk; (5) 3¹/₂ ounces dried skim milk and 1¹/₂ ounces butter.

^{2/} One pint (1¹/₂ lb.) of molasses or heavy cane or sorgo sirup is approximately equivalent in fuel value to figure one pound of granulated sugar. The unrefined molasses and sirups are also valuable for their calcium and iron content.

STATE OF NEW YORK
IN SENATE
January 10, 1894.

REPORT OF THE
COMMISSIONER OF THE LAND OFFICE

IN RESPONSE TO A RESOLUTION PASSED BY THE SENATE
JANUARY 10, 1893.

COUNTY.		TOWNSHIP.		SECTION.		ACRES.		VALUE.	
ALBANY		ALBANY		1		100		100	
ALBANY		ALBANY		2		100		100	
ALBANY		ALBANY		3		100		100	
ALBANY		ALBANY		4		100		100	
ALBANY		ALBANY		5		100		100	
ALBANY		ALBANY		6		100		100	
ALBANY		ALBANY		7		100		100	
ALBANY		ALBANY		8		100		100	
ALBANY		ALBANY		9		100		100	
ALBANY		ALBANY		10		100		100	
ALBANY		ALBANY		11		100		100	
ALBANY		ALBANY		12		100		100	
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ALBANY		ALBANY		36		100		100	
ALBANY		ALBANY		37		100		100	
ALBANY		ALBANY		38		100		100	
ALBANY		ALBANY		39		100		100	
ALBANY		ALBANY		40		100		100	
ALBANY		ALBANY		41		100		100	
ALBANY		ALBANY		42		100		100	
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ALBANY		ALBANY		44		100		100	
ALBANY		ALBANY		45		100		100	
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ALBANY		ALBANY		74		100		100	
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ALBANY		ALBANY		85		100		100	
ALBANY		ALBANY		86		100		100	
ALBANY		ALBANY		87		100		100	
ALBANY		ALBANY		88		100		100	
ALBANY		ALBANY		89		100		100	
ALBANY		ALBANY		90		100		100	
ALBANY		ALBANY		91		100		100	